

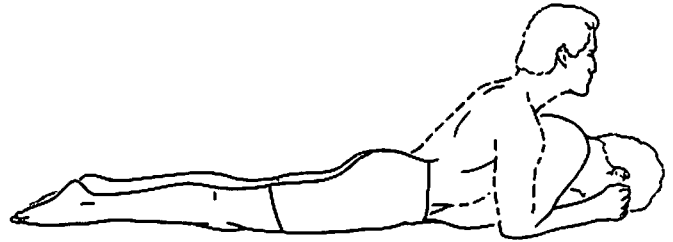
BACK - 7 Gluteal Sets



Tighten buttocks while pressing pelvis to floor.
Hold _____ seconds.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

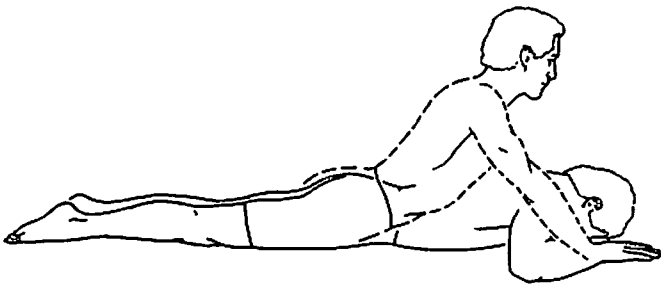
BACK - 1 On Elbows (Prone)



Rise up on elbows as high as possible, keeping hips on floor.
Hold _____ seconds.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

BACK - 2 Press-Up

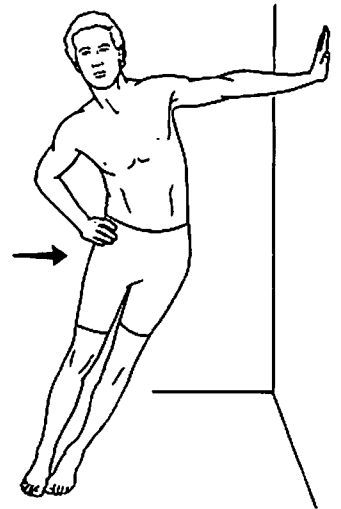


Press upper body upward, keeping hips in contact with floor.
Keep lower back and buttocks relaxed. Hold _____ seconds.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

BACK - 6 Wall Lean Stretch

With right hand against wall, slowly stretch hips toward wall, other arm supporting trunk. Hold _____ seconds. Relax.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

BACK - 44 Backward Bend (Standing)

Arch backward to make hollow of back deeper.
Hold _____ seconds.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

